**Dance Student Benchmark Check Sheet**

**May be used for placement at the High School Level**

**Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

*This document can be used throughout the semester (or year, for year-long courses) to keep a list of “accomplishments” (benchmarks) aligned with the New Essential Standards (the state Arts Curriculum).*

**B= Beginning:** This level indicates that the skill is in the beginning stage of development, or that it hasn’t been met

**I= Intermediate:** This level indicates that the skill is developing with teacher support

**P= Proficient:** This level indicates independent proficiency on a consistent level

**Dance Movement Skills (Technique)**

1. Student uses correct spinal alignment consistently B I P

2. Student uses appropriate and consistent foot articulation (pointing/flexing) B I P

3. Student uses appropriate and consistent hip, knee, ankle alignment in B I P

turnout and parallel (outward rotation vs. no rotation)

4. Student can fully extend arms and legs, with energy through fingers and toes B I P

5. Student consistently plies before and after jumps and turns B I P

6. Student can spot consistently and accurately while turning B I P

7. Student can consistently use core strength to balance (relevé or one foot) B I P

8. Students can consistently articulate the full spine during release movements: B I P

(front, back, side swings, roll downs, port de bras, head initiation, contraction)

9. Students can consistently show proper technique in elevations B I P

(examples: jumps, hops, leaps, jetés, assembles, sautés, sauté de chat, glissades, changement)

**Rehearsal and Performance Etiquette**

1. Student participates with focus, engagement and appropriate energy B I P

2. Student demonstrates self control, listening and speaking while observing, creating B I P   
 and performing dance

3. Student demonstrates a positive attitude and works well with others in the class. B I P

4. Student has appropriate materials, clothing, is in place on time and is prepared to learn. B I P

5. Student is manages time wisely, demonstrating discipline to manage a rigorous workload B I P

6. Student represents the arts in the school with integrity B I P

7. Student handles conflict and manages stress appropriately B I P

8. Student consistently uses appropriate vocalizations, facial expressions, and performance B I P

qualities while dancing

**Content Knowledge**

1. Student can answer the essential question: What is Modern Dance? B I P

2. Student understands aspects of dance history, including time periods and historical/global styles B I P

3. Student understands the purpose of safe warm-ups, injury prevention, nutrition for dancers B I P

4. Student recognizes and uses the elements of dance: time, space, design, energy, flow, weight B I P

5. Student recognizes basic modern dance vocabulary: locomotor, shape, levels, axial, etc. B I P

6. Student can define improvisation and recognize improvisational vocabulary (flocking & mirroring) B I P

7. Student can recognize vocabulary related to the choreographic process (ABA, form, gesture, chance) B I P

8. Student can describe the roles involved in a dance production (costumer, lighting design, crew, etc) B I P

9. Student can recognize and describe a variety of careers in the dance field B I P

10. Student is able to appropriately use the critical response technique to evaluate dance B I P

**Dance Creation**

1. Student can improvise movement alone and with others B I P

2. Student can choreograph a short study based on a set of predetermined skills B I P

3. Student can clearly show the different aspects of the elements of dance in choreography B I P

4. Student can choreograph movement that is appropriate to the musical mood, theme & structure B I P

5. Student can choreograph a short study that clearly communicates meaning B I P

6. Student can manipulate the elements of dance within a given phrase (revise choreography) B I P